



## COMFORT KEEPERS® OFFERS FIVE TIPS TO KEEP AGING RELATIVES MERRY DURING THE HOLIDAYS

For many families, the holiday season marks one of the only times of year that all members can gather together to celebrate and enjoy each other's company. The portrait before and after this joyous time, however, is often far less picturesque for seniors living alone or far away from relatives.

As the aging population continues to grow – the U.S. Census Bureau projects over 88 million people age 65 and older in the U.S. by 2050 – memory loss and dementia in seniors are posing a major public health burden and it's often difficult for relatives to monitor that aging family members are getting the level of stimulation and socialization they want and need. But there's hope: According to a recent study by the Harvard School of Public Health, researchers have found evidence that seniors in the United States with active social lives may have slower rates of memory decline and lower mortality rates.

Given these findings, Leslie Knopp, owner of Comfort Keepers®, a franchised, in-home care services provider located at 1007 E. Eighth Street in Traverse City, has provided the following tips for family members to address with their aging relatives this holiday season to ensure a happy and healthy time is had by all.

1. **Link Up with Like Minds:** Senior groups plan activities like exercise, meals, games and trips for seniors wanting to get out of the house and expand their circle of friends. Look into these groups with your relative and find one that best fits their interests.
2. **Pick Up a Pen:** Sending holiday cards is a wonderful way to spark a new kind of relationship between family members. Once these lines of communication have been opened, seniors will be more inclined to keep up with the correspondence long after the holiday season ends.
3. **Get in the Game:** Brainteasers, memory games and mathematical puzzles are not only fun but can employ areas of the brain that aren't regularly stimulated. Try a few with your relative while you are in town and leave them with a few books or games that they can continue using after you leave.
4. **Make a List and Check it Twice:** Send your relative a list of possible gift ideas for other family members and review their purchases upon your arrival while helping them with wrapping. If you have the luxury of arriving prior to the holiday, accompany your relative on a shopping excursion to select the perfect presents.
5. **Hire a Helping Hand:** If you are still concerned your relative is in jeopardy of mentally "checking out" when the holiday season comes to a close, discuss the possibility of hiring an in-home companion. Not only will this person be able to help with basic chores and activities but the companion will be able to provide much-needed social interaction for your loved one on a daily, weekly or live-in basis.

### **About Comfort Keepers of Northern Lower Michigan**

Comfort Keepers® of Northern Lower Michigan has been owned by Russ and Leslie Knopp since 2005. The organization provides in-home senior care on an hourly, daily, weekly or live-in basis for individuals who need assistance with activities of daily living. Its quality services are tailored to the individual needs of each client and, in the case of seniors, allow them to continue living safely and in the privacy of their own home.

Care duties services can meet a wide range of needs including companionship, meal preparation and delivery, housekeeping, shopping, transportation, recreational activities, personal care, private duty nursing and more. Founded in 1998, Comfort Keepers is a leader the home care industry and has a network of over 700 independently owned and operated locations worldwide in 47 U.S. states, Canada, Australia, New Zealand, Ireland, Singapore and Portugal.

For more information, contact (231) 929-9044 or visit the company online at [www.comfortkeeperstc.com](http://www.comfortkeeperstc.com).